



## 2011-2012 FITNESS PROGRAM

The Autism Cares Foundation is pleased to announce that our physical fitness program with FitLife Performance Training is a huge success!! This will be offered in a circuit training format, geared toward our special kids, with challenging but fun exercises varying in all different types of calisthenics. Exercises will vary from cardiovascular exercises, training drills, balance challenges, flexibility and much more. The atmosphere will be high energy and encouraging at all times. The fitness professionals that will be working with the children are all exercise degreed professionals that will always be positive, patient and upbeat with the children.

**The program is EVERY THURSDAY NIGHT FROM 7:00 TO 8:00 p.m. A parent or caregiver must be with their child at all times and will need to participate with them in the activities (assisting with exercises, assisting/spotting with equipment, etc).** The group size will be broken out into 3 groups of 10 or more and each group will be rotating through the circuit program.

We believe that this is something that our kids can develop into their own routine that could benefit them throughout their lives. So, please e-mail us back and let us know if you will be participating in our Fitness Program.

Our recent members and our new members, please fill out the both of the attached Waivers and bring them with you when you come. I will also have waivers at check-in.

### Location

FitLife [www.onlinefitlife.com](http://www.onlinefitlife.com),  
157 Railroad Dr.  
Ivyland, PA 18974 215-322-1499

### To Do's

1. Please print and bring a copy of the signed waiver for ACF and FitLife with you when you attend the first event.

[www.AutismCaresFoundation.org](http://www.AutismCaresFoundation.org)

PO Box 180, Richboro, PA 18954-0180

*"The brightest stars are those that shine for the benefit of others."*

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